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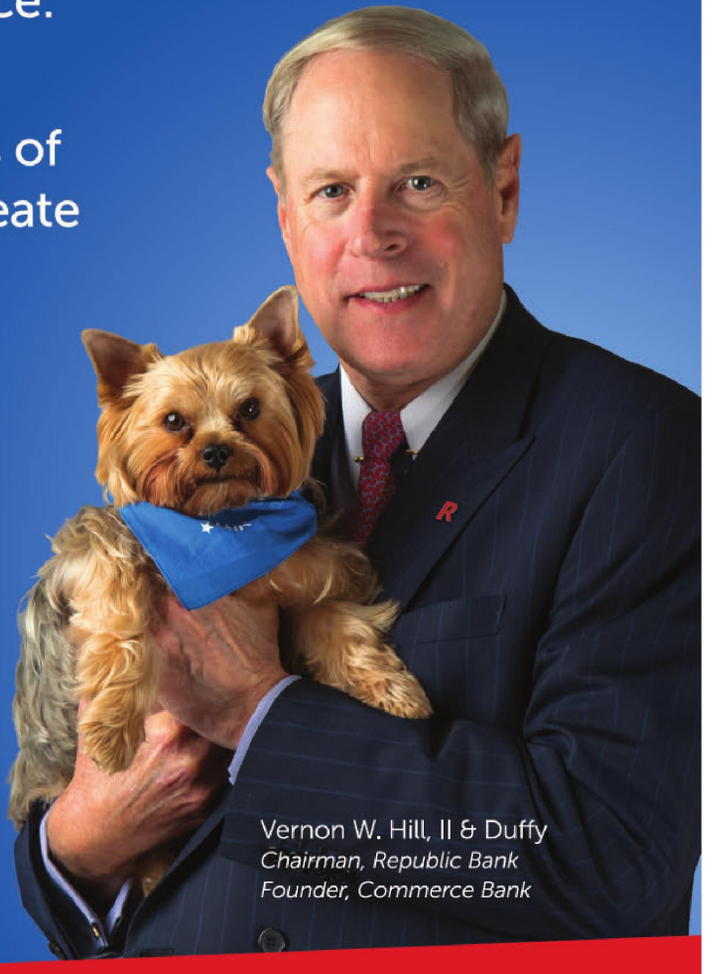

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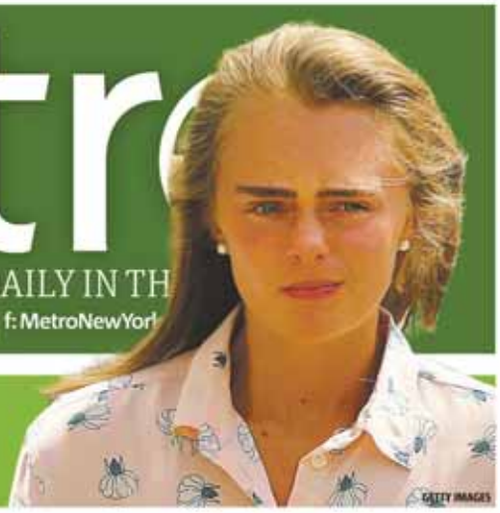

'I LOVE YOU, NOW DIE'

Director Erin Lee Carr discusses her HBO documentary. 13

'90s Reggae rock kings 311 are back with new album and tour. 14-15

Billionaire Jeffrey Epstein busted in sex trafficking case. 2

WORLD BEATERS

The city will host a ticker-tape parade for Team USA on Wednesday after winning its second straight World Cup title. 4,6 & 18-19

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4 THINGS TO KNOW

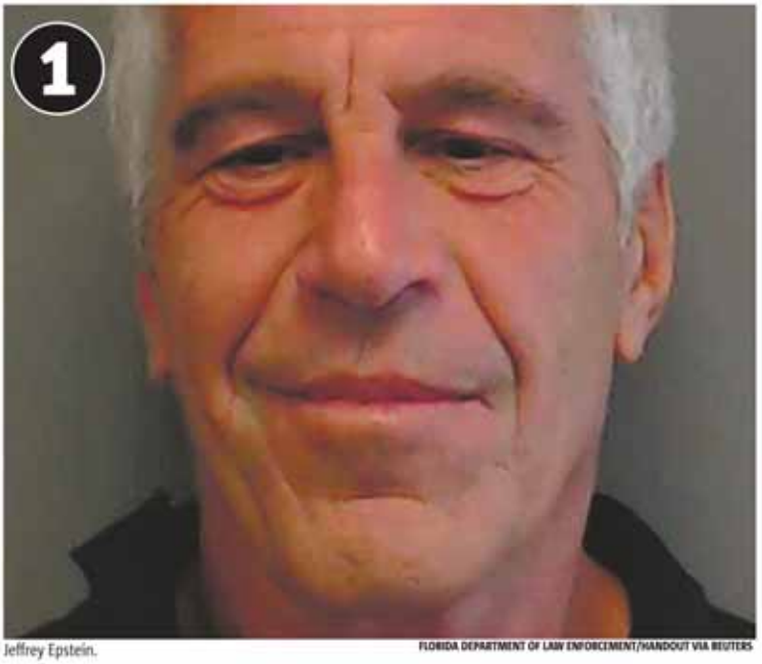
Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
82° | 68°	85° | 70°	86° | 72°	84° | 72°	83° | 72°
Mostly sunny	Sunny	Sunny	Mostly sunny then chance T-storms	Chance of showers and T-storms

Florida billionaire financier Epstein arrested in US sex trafficking case

Jeffrey Epstein was busted at Teterboro Airport after a flight from Paris.



Jeffrey Epstein. FLORIDA DEPARTMENT OF LAW ENFORCEMENT/HANDOUT VIA REUTERS

Financier Jeffrey Epstein was arrested late on Saturday on suspicion of sex trafficking of underage girls and will appear in federal court in Manhattan on Monday, a source familiar with the matter said, meaning he will face charges similar to those he avoided in a 2007 plea deal.

Epstein, 66, was being held in New York City's Metropolitan Correctional Center, according to the U.S. Bureau of Prisons website.

Asked by email if Epstein planned to plead not guilty to any charges, a lawyer for Epstein, Jack Goldberger, replied, "Yes."

A spokesman for the U.S. Attorney's Office in the Southern District of New York, which is handling the case, declined to comment.

The former hedge fund manager, who is known for socializing with politicians and royalty, has been investigated in the past.

Epstein pleaded guilty in 2007 to a reduced felony prostitution charge in Florida and registered as a sex offender. His 13-month sentence enabled him to get out of the Palm Beach County Stockade six days a week to work from his office, according to the New York Times.

In February of this year, a U.S. district judge in Florida ruled that prosecutors violated the federal Crime Victims' Rights Act by not letting more than 30 identified victims know of the deal so they would have a chance to oppose it.

Even so, the U.S. Department of Justice said in a court filing last month there was no reason to cancel that agreement.

Among the prosecutors who made that 2007 deal was Alex Acosta, then the U.S. Attorney for the Southern District of Florida and now U.S. Secretary of Labor for President Donald Trump.

A U.S. Justice Department office is investigating whether government attorneys committed professional misconduct in the Epstein case.

The Justice Department declined to comment on the status of that probe.

Before reaching the non-prosecution agreement with Acosta's office, Epstein was facing potential federal indictment for sexually abusing dozens of girls as young as 14 between 1999 and 2007, directing others to abuse them and paying employees to bring victims to him, according to court filings.

> **"I think it's important to understand that he was going to get off with no jail time or restitution. It was the work of our office that resulted in him going to jail."**
>
> U.S. Labor Secretary Alexander Acosta

Epstein has said that his encounters with alleged victims were consensual and that he believed they were 18 when they occurred.

Democrats in the U.S. House of Representatives confronted Acosta about his role in the Epstein case in April when the labor secretary appeared before the House Appropriations subcommittee on a routine budget matter.

Acosta responded that human trafficking was "an incredibly important issue" and said his office's efforts ensured that Epstein faced jail time and had to register as a sex offender.

"I understand the frustration," Acosta told the subcommittee. "I think it's important to understand that he was going to get off with no jail time or restitution. It was the work of our office that resulted in him going to jail."

Saturday's arrest was first reported by the Daily Beast, which cited three unidentified law enforcement sources, and later by other media including the Miami Herald, also citing anonymous sources.

The new charges stem from purported trafficking of dozens of minors in New York and Florida between 2002 and 2005, the Daily Beast said. REUTERS

Starbucks apologizes after AZ cops asked to leave store

2 Starbucks on Sunday apologized after an employee at one of its stores in Tempe, Arizona, asked six police officers to leave or move out of a customer's line of sight, triggering social media backlash. The officers had visited the store on July 4 and had paid for the drinks, before one company employee approached them about a customer not feeling safe because of the police presence, the Tempe Officers Association said on Twitter. "This treatment of public safety workers could not be more disheartening. While the barista was polite, making such a request at all was offensive," the association added. Starbucks said the treatment of the officers was "completely unacceptable." "On behalf of Starbucks, I want to sincerely apologize to you all for the experience that six of your officers had in our store on July 4," Rossann Williams, Starbucks executive vice president, wrote. REUTERS

Stevie Wonder says he will have kidney transplant

3 Stevie Wonder told thousands of fans watching him perform in London on Saturday night he is due to have a kidney transplant in September. The singer, songwriter and musician told the crowd at an event in Hyde Park that he had a donor lined up, and was making the announcement to avoid rumors spreading about his health. "I'm going to have surgery. I am going to have a kidney transplant in September of this year," he said, according to footage posted on Twitter by those at the concert. The 69-year-old, who has won more Grammy awards than any other artist and whose hits include "Superstitious," "I Just Called to Say I Love You" and "Isn't She Lovely," did not reveal what was behind him needing the transplant. "I'm all good, I'm all good, I'm all good. I have a donor. It's all good," he added, after a supportive cheer from the crowd. REUTERS

Indians confirm Carrasco's leukemia diagnosis

4 The Cleveland Indians confirmed Sunday that right-hander Carlos Carrasco has been diagnosed with chronic myeloid leukemia and is receiving treatment. Carrasco, who last pitched on May 30, revealed the news Friday night during an excerpt of an interview that aired on CDN 37 in the Dominican Republic. The full interview was expected to air Sunday. The Indians placed him on the 10-day injured list in early June, citing a blood condition. The team said then that future details "will be conveyed at Carlos and his family's discretion." The team said Carrasco, 32, has been cleared for strength and conditioning workouts and some throwing activity. He'll be evaluated regularly throughout his recovery. While the Indians previously said they hoped to have him back this season, there is no timetable for his return. REUTERS

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3 New York Monday, July 8, 2019

NYC fans watch Team USA's World Cup victory over the Netherlands

Riverside Park held a Women's World Cup final viewing party on Sunday. A penalty goal by Megan Rapinoe and a goal from Rose Lavelle led Team USA to a 2-0 victory over the Netherlands.

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The amount of interest earned is based on the daily collected balances in the account. Upon the expiration of the 12 month promotional period, then-current Standard Interest Rates apply. Minimum to open a Platinum Savings account is $25. A monthly service fee of $12 applies in any month the account falls below a $3,500 minimum daily balance. Fees may reduce earnings. Interest rates are variable and subject to change without notice. Wells Fargo may limit the amount you deposit to a Platinum Savings account to an aggregate of $1 million. 2. **Available in-branch only; you must speak with a banker to request the special rate.** Annual Percentage Yield (APY) is effective for accounts opened between 07/08/2019 and 08/30/2019 and requires a minimum of $25,000 in new money brought to Wells Fargo. "New money" is money from sources outside of the customer's current relationship with Wells Fargo Bank, N.A. or its affiliates (which includes deposit, brokerage and loan/credit accounts). 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U.S. women's World Cup soccer team. GETTY IMAGES

New York City to hold ticker-tape parade for women's World Cup team

The celebration is scheduled for 9:30 a.m. Wednesday.

MICHAEL MARTIN
letters@metro.us

New York City will honor the winning U.S. women's World Cup soccer team with a ticker-tape parade on Wednesday.

"You have inspired the entire country — and New York City knows how to celebrate champions," Mayor Bill de Blasio tweeted, minutes after the U.S. team's 2-0 victory over the Netherlands on Sunday.

It was the U.S. team's fourth World Cup victory and second in a row.

The parade will start at 9:30 a.m. Wednesday. The team will be feted on the stretch of lower Broadway known as the "Canyon of Heroes," the mayor's office announced.

Fans gathered at bars and public spaces throughout the city on Sunday morning to watch the final match broadcast from Lyon, France, in which center Megan Rapinoe converted a penalty kick and Rose Lavelle scored a goal.

"It's like history. I don't know how to feel right now. It is ridiculous," said Rapinoe after the victory, according to Reuters. "We're crazy — that's what makes us special. We just have no quit in us. We are so tight. We will do anything to win."

> **"You have inspired the entire country — and New York City knows how to celebrate champions."**
>
> **Mayor Bill de Blasio**

Notable figures who congratulated the team included former President Barack Obama, who tweeted, "Yes! Fourth star. Back to back. Congrats to the record breakers on the @USWNT, an incredible team that's always pushing themselves — and the rest of us — to be even better. Love this team."

President Trump tweeted that "America is proud of you all!" weeks after picking a fight on social media with the team's star center.

On June 26, Trump criticized Rapinoe, an LGBTQ activist who said she wouldn't go "to the f—king White House" if the team won because of her opposition to Trump's policies. "I am a big fan of the American Team, and Women's Soccer, but Megan should WIN first before she TALKS," Trump tweeted then. The president said he was "inviting the TEAM, win or lose," adding that "Megan should never disrespect our Country, the White House, or our Flag."

Rapinoe had also been outspoken about the pay disparity between the men's and women's World Cup teams. The champion women are set to receive $250,000 in bonuses for winning the title, a fraction of the men's prize, according to the New York Times.

At the award ceremony, FIFA chief Gianni Infantino was greeted with chants of "equal pay, equal pay" by American fans, Reuters reported.

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- Preference for a percentage of units goes to:
  - Residents of **Manhattan Community Board 10** (50%)
  - Municipal employees (5%)

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Unit Size		Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum*		Monthly Rent[1]	Units Available	Household Size[2]	Annual Household Income[3] *Minimum – Maximum*
Studio	40% AREA MEDIAN INCOME (AMI)	$562	1	1 Person	$21,223 - $29,880	50% AREA MEDIAN INCOME (AMI)	$729	1	1 Person	$26,949 - $37,350
1 Bedroom		$605	1	1 Person	$22,766 - $29,880		$784	1	1 Person	$28,903 - $37,350
				2 People	$22,766 - $34,160				2 People	$28,903 - $42,700
2 Bedroom		$736	1	2 People	$27,292 - $34,160		$951	1	2 People	$34,663 - $42,700
				3 People	$27,292 - $38,440				3 People	$34,663 - $48,050
				4 People	$27,292 - $42,680				4 People	$34,663 - $53,350
3 Bedroom		$843	1	3 People	$31,543 - $38,440		$1,091	1	3 People	$40,046 - $48,050
				4 People	$31,543 - $42,680				4 People	$40,046 - $53,350
				5 People	$31,543 - $46,120				5 People	$40,046 - $57,650
				6 People	$31,543 - $49,520				6 People	$40,046 - $61,900
Unit Size		**Monthly Rent[1]**	**Units Available**	**Household Size[2]**	**Annual Household Income[3]** *Minimum – Maximum*		**Monthly Rent[1]**	**Units Available**	**Household Size[2]**	**Annual Household Income[3]** *Minimum – Maximum*
Studio	60% AREA MEDIAN INCOME (AMI)	$896	7	1 Person	$32,675 - $44,820	110% AREA MEDIAN INCOME (AMI)				
1 Bedroom		$963	15	1 Person	$35,040 - $44,820		$1,554	3	1 Person	$55,303 - $82,170
				2 People	$35,040 - $51,240				2 People	$55,303 - $93,940
2 Bedroom		$1,166	16	2 People	$42,035 - $51,240		$1,874	2	2 People	$66,309 - $93,940
				3 People	$42,035 - $57,660				3 People	$66,309 - $105,710
				4 People	$42,035 - $64,020				4 People	$66,309 - $117,370
3 Bedroom		$1,339	7	3 People	$48,549 - $57,660		$2,158	1	3 People	$76,629 - $105,710
				4 People	$48,549 - $64,020				4 People	$76,629 - $117,370
				5 People	$48,549 - $69,180				5 People	$76,629 - $126,830
				6 People	$48,549 - $74,280				6 People	$76,629 - $136,180

[1] Tenant pays electricity.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail**, send a **self-addressed envelope** to: **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **SEPTEMBER 06, 2019**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 06 de septiembre 2019.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至： **The Frederick c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2019 年 9 月 06 日。

Русский

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- Have been experience negative symptoms of schizophrenia for the last 6 months
- Have been clinically stable for at least 6 months

Eligible study participants will receive study-related care and medication at no cost, and may be compensated for study-related time and travel.

Call 718-873-3804

to learn more about a schizophrenia research studies

Pair of NHL stars busted for alleged NYC assault

Sonny Milano and A.J. Greer allegedly got in a nightclub bill dispute with another man at 1 Oak.

REUTERS

Two NHL players face assault charges following their arrest early Sunday in Manhattan, the New York Post reported.

Sonny Milano of the Columbus Blue Jackets and A.J. Greer of the Colorado Avalanche allegedly assaulted a 28-year-old man in a dispute over a bar bill at 1 Oak, a nightclub in the Chelsea neighborhood, police sources told the newspaper.

The man reportedly suffered injuries to his neck and bicep and complained of pain in his jaw and ribs. He called police but said he didn't need medical care.

Milano, the No. 16 overall selection in the 2014 NHL Draft, has played just 70 games over four seasons with the Blue Jackets. He's a restricted free agent, and the Jackets made him a qualifying offer late last month.

The 23-year-old Milano, a left wing, is a New York native who has 24 career points (15 goals, nine assists).

Blue Jackets general manager Jarmo Kekalainen issued the following statement:

"We are aware of the reports involving Sonny. We are reviewing the situation and will not be commenting further at this time."

The Avalanche left wing selected Greer, 22, in the second round of the 2015 draft. In parts of four seasons, he has appeared in 37 games, including 15 in the 2018-19 season.

He has six career points (one goal, five assists). His only career goal came in this past season.

REUTERS

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Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

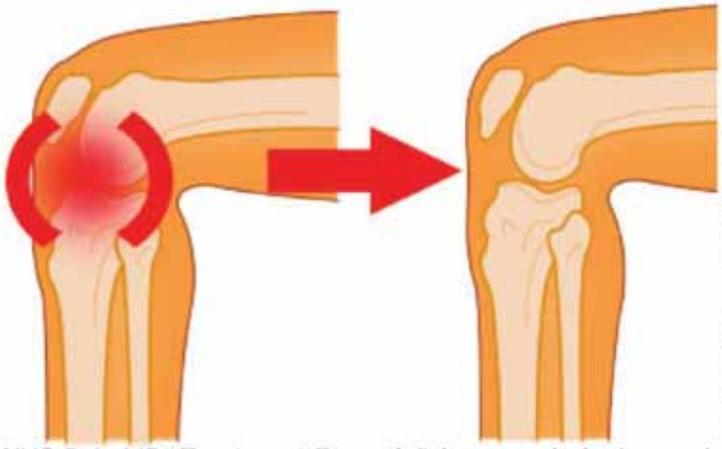
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

Iran ratchets up tensions with higher enrichment, draws warnings

Despite its continuing enrichment, Iran denies any nuclear-weapon intentions.

Iran announced on Sunday it will shortly boost its uranium enrichment above a cap set by a landmark 2015 nuclear deal, a major breach likely to draw a tougher reaction from President Donald Trump, who has pressured Tehran to renegotiate the pact.

In a sign of heightening tensions, France, Germany and Britain — all parties to the deal — expressed concerns over the step taken by Tehran, its latest effort to force the West to lift sanctions ravaging its limping economy.

In a live news conference, senior Iranian officials threatened further violations, saying Tehran would keep reducing its commitments every 60 days, unless European signatories of the pact protect it from U.S. sanctions imposed by Trump.

"We are fully prepared to enrich uranium at any level and with any amount," said Behrouz Kamalvandi, spokesman for Iran's Atomic Energy Organization.

"In a few hours the technical process will come to an end and the enrichment beyond 3.67 percent will begin," he added, referring to the limit set in the 2015 agreement.

Israeli Prime Minister Benjamin Netanyahu said the step was extremely dangerous and was designed to create atomic bombs, and again called on Europe to impose punitive sanctions on Tehran.

Iran has denied any intent to develop nuclear weapons.

The confrontation has taken on a military dimension, with Washington blaming Tehran for attacks on oil tankers, and Iran shooting down a U.S. drone, prompting aborted U.S. airstrikes.

The Europeans, who object to Trump's withdrawal from the deal, have so far failed to salvage the pact by shielding Iran's economy from U.S. sanctions, which cost billions of dollars in lost oil sales.

French President Emmanuel Macron condemned Iran's decision as a "violation" of the pact, which the United States pulled out of last year.

Iran must immediately stop and reverse its activities, a spokesman for Britain's Foreign Office said on Sunday.

The European Union strongly urged Iran to stop actions that would undermine the pact, saying it was in touch with other parties and may set up a joint commission to examine the issue.

"The Iranian government is trying to create a crisis that will force a multilateral negotiation without precipitating a war," said Jon Alterman, director of the Middle East Program at the Center for Strategic and International Studies.

SPACE FOR TALKS?

Iran did leave some room for negotiations.

All measures taken to scale back its commitments to the agreement were "reversible" if the European signatories of the pact fulfilled their obligations, Foreign Minister Mohammad Javad Zarif tweeted on Sunday.

The Iran nuclear-deal dispute resolution mechanism will not be triggered for now, said a source at Macron's Elysee office. The French government is giving itself until July 15 to try to get all parties talking again.

Under that so-called snapback mechanism, if a series of steps designed to resolve differences fails, sanctions in all previous U.N. resolutions would be re-imposed. REUTERS

REUTERS

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

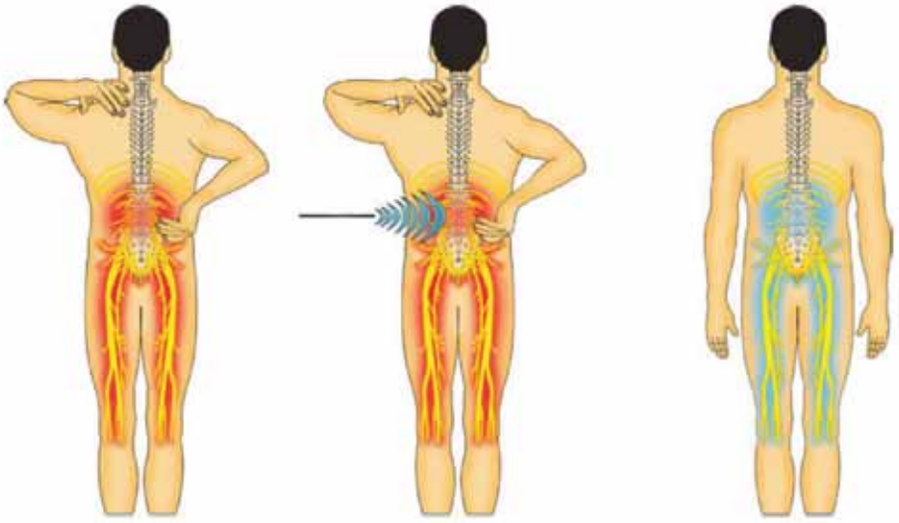
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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EASY

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HARD

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	7							8
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READER WRITE-INS:

RENTAL CARS WITH NO SPARE TIRES!

My husband and I rented a car to visit his parents over the Fourth of July break. When we were pulling out of their driveway to head home, we noticed the passenger side tire was flat. We thought it was no big deal and that we would change it and get on the road. We checked the trunk and there was NO SPARE! We had to call a tow truck to bring the car back to a new rental location to get a new car. Good thing it happened so close to his parents' place. We could have been stranded on the highway!!!!!!

— **Melissa,** *Metro New York reader*

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Aries Expand your mind, learn something new and look for opportunities that allow you to use your many skills. Opportunity is within reach if you follow your heart.

Taurus A physical or personal change will lift your spirits. Stop talking about what you want to do and start doing it. You are the master of your happiness.

Gemini You'll get a quick education regarding partnerships if you are too trusting. Don't make a change just because someone else does. Think and do for yourself, and avoid being manipulated.

Cancer Don't dwell on the negative. Concentrate on doing what makes you happy and helps you feel healthy. Added discipline will help you reach your goal.

Leo If you share your thoughts, the results could be unexpected. Choose your words wisely and show compassion and understanding toward others. Practice what you preach.

Virgo Pay less attention to what others do and more attention to what you can achieve. A lifestyle change will be rejuvenating and will spark ideas that bring you closer to a loved one.

Libra Let your intelligence shine through. Put your emotions aside and do what's right and best for everyone. If someone is challenging you, know enough to walk away. Surround yourself with positive people.

Scorpio A new change will require a learning curve, but it will ultimately be beneficial. Taking on a new challenge will bring you in contact with someone who shares your interests. Romance is on the rise.

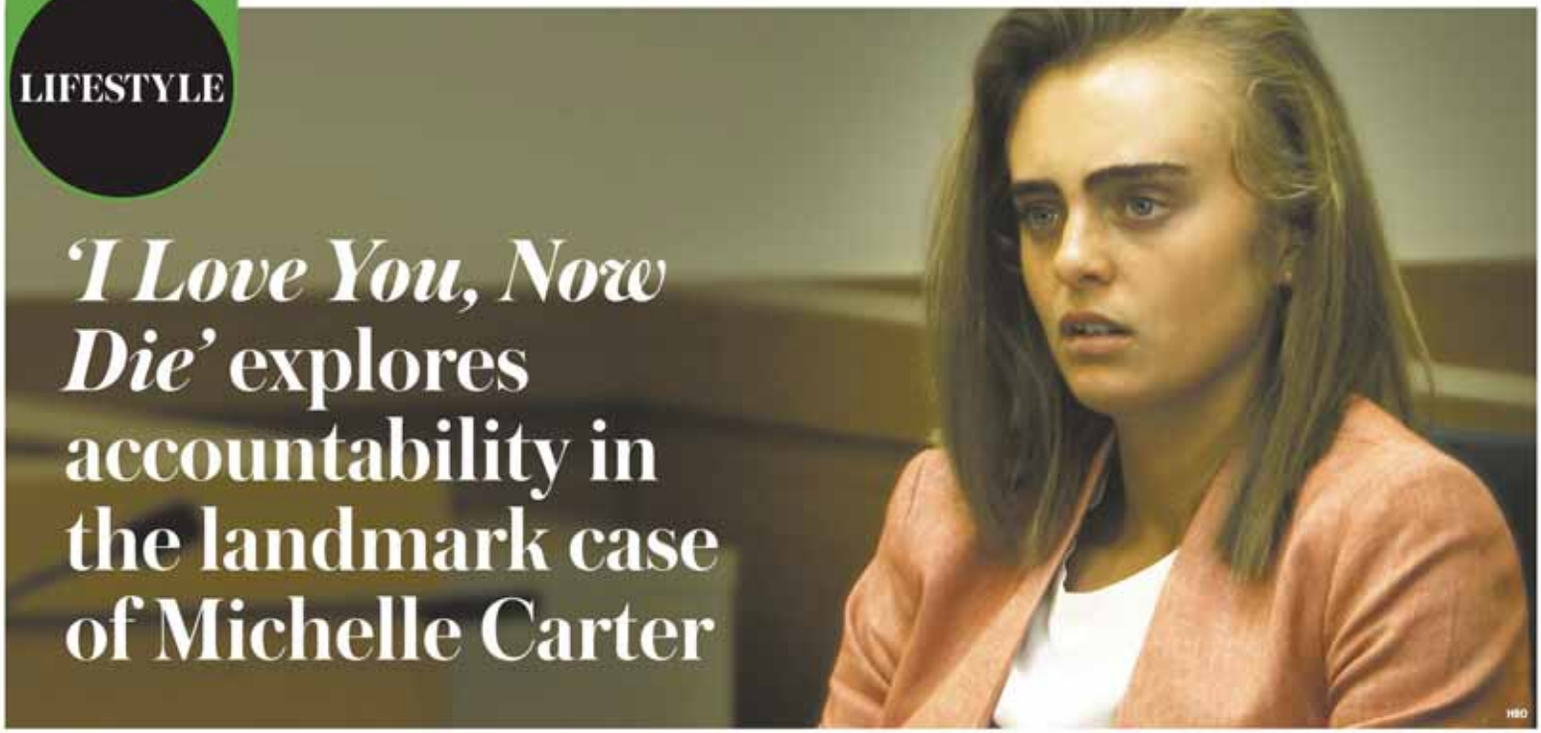
Sagittarius Use your imagination, but also rely on practicality and common sense if you want to get ahead. Don't make hasty decisions without enough information.

Capricorn If you play with someone's emotional vulnerabilities, you will end up dealing with the backlash. Show compassion and understanding if you want to come out on top.

Aquarius Share what you have to offer, what you would like to pursue and where you think you should begin. Once you have a plan in place, everything else will flow naturally.

Pisces Help yourself before you move on to helping others. You have to be on stable ground mentally, emotionally and physically to give your all. EUGENIA LAST

LIFESTYLE



'I Love You, Now Die' explores accountability in the landmark case of Michelle Carter

Erin Lee Carr's new two-part documentary premieres this week on HBO.

PAT KING
patrick.king@metro.us

Where are the lines drawn in terms of personal accountability? Can you be held legally responsible for the things you say or do online to the same degree as in the physical world?

This complex modern issue was at the center of the 2014 case of the suicide of Conrad Roy, an 18-year-old from Mattapoisett, Mass., who was encouraged to take his own life by his good friend, Michelle Carter, via numerous text messages leading up to his death. This case is retold and dissected in the new two-part HBO documentary, "I Love You, Now Die: The Commonwealth vs. Michelle Carter," by "Mommy Dead and Dearest" and "Thought Crimes: The Case of the Cannibal Cop" director Erin Lee Carr.

The documentary, which premieres Tuesday, July 9, and continues July 10 at 8 p.m., approaches the mental states of both teenagers, giving a more nuanced look at the whole story rather than coming down too viciously on Carter like the rest of the American public did at the time.

"Anytime I get involved, I'm looking for a criminal case that has a societal reckoning point," Carr explains over the phone, of her decision to cover this landmark case. "It's always very akin to an onion; there are layers to unravel."

And with this case, in particular, there was certainly some peeling to do to get the final meal. So why was this case so uniquely enthralling to the point that we are still discussing it today? Why were everyday Americans so captivated by the actions, and text history, of a 17-year-old girl?

"There are a lot of different reasons," Carr says. "Number One: Michelle was a pretty privileged white woman who seemed to be saying and doing pretty terrible things. So often the perpetrators are male in these high-profile cases. It was pretty unique in that the female girlfriend, or friend, was the perpetrator. Second of all, it was precedent-setting. Can you text somebody and convince them to 'kill themselves,' and are you legally responsible for it? The motive seemed pretty unclear. There was this vague sensibility that she killed a guy to get popular. As many Americans are pretty smart and nuanced in the ways they consume news, that's some Salem witch trial stuff! That's not really why people commit crimes these days."

One thing viewers will take away from Carr's deep dive — without revealing any spoilers — is that Carter cared deeply for Roy and went above and beyond to be both encouraging of his plans to commit suicide and to try and cover for him directly after he carried it out. If this were a work of fiction, you could frame her character as a Lady Macbeth for the social media era.

"It feels like an ultimate tragedy in that she thought she was helping him," Carr says. "In her ... feeling like he was listening to her, it's all sort of like Shakespearean in terms of a tragedy."

In the end, Carter was convicted of involuntary manslaughter and ordered to serve two-and-a-half years in prison by the Massachusetts Supreme Judicial Court. After becoming so close to the case, I ask Carr if she thinks this case proves that the lines between our physical and online personas are further being blurred. Is the singularity finally upon us?

"My question back to you is, have we reached the point of no return when it comes to how our kids, and ourselves, interact with digital technology?" Carr asks. "I think we still have a shot. We have not implanted microchips in our skulls or in our foreheads yet. But we're getting close, man! If you create a moment, which I hate doing, where you say, 'Well, if you have this little thing, everything will be easier.' I think we're completely susceptible to fall into the singularity. I don't worry about it in terms of myself, I worry about it in terms of kids learning how to interact with others. How to be kind. It is not a given, it is a learned behavior to be kind and present and it's something that is really hard for kids to grasp these days."

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Voyages and vibes

Tim Mahoney. ALL PHOTOS PROVIDED

Guitarist Tim Mahoney, of 311, gives Metro the scoop on the band's new album and tour.

MOLLY GIVEN
Molly.Given@metro.us

If you're a fan of the laid-back vibes that reggae music provides, you've most definitely heard of 311. The popular band was formed in 1988, and over the years the signature riffs, one-of-a-kind notes and milky lyrics have amassed the Nebraska-based group a huge following. What's the secret to keeping the magic going for over three decades with 13 studio-length albums, national tours and a countless number of live shows? According to 311's guitarist Tim Mahoney, it's brotherhood. Mahoney sat down with Metro to chat about 311's latest album (out on July 12), touch on what to expect from their tour this summer, and dive into how the band is able to create that signature unique sound when they are all together.

I wanted to chat about your 13th studio album. What went into creating "Voyager"?

Boy, I wonder how long that took for us to make — at least a few years, unintentionally. That's just the amount of time we had available to work on it. I think the influences are always kind of similar over the years, whether it be rich reggae music that everybody listens to all throughout our career, or for me, I'm the guitar player so I always listen to a lot of guitar-heavy music as well. So I think everybody has similar influences and then everybody has personal things that they like to listen to [as well]. That's what's consistent when we go and try to approach a record. I just always try and work to get better with what I listen to also.

Since you guys have been together for some time, has the process changed at all for you when putting together an album?

In our case, it has. In one aspect, with just the technology side of things: There are computers and access to the internet that lets us share ideas and work from home — a lot different from when we first started. When we first started out, when you would go into a studio to record, we would get everything on tape. Now, although we do still have a tape machine, we use a computer — it's more cost-effective. I think the process has also changed in the sense that we all have evolved over the years. We all used to live together in one house and rehearse there, and now people have families and whatnot. But the process has been the same in the sense that everybody writes individually and then we get together and bounce ideas off of each other and get a song going. Usually, we come up with the music first and then the vocals will come after. Just how we do that process has changed with the advancement of technology. It is interesting to look back, really just to see some of the things that have changed and the things that have stayed the same. In this case, it's kind of both.

Speaking of changes, how do you try and reinvent your sound while still keeping that signature 311 vibe?

I'm more a things-happening-organically kind of guy, but since there are five of us, everyone to a different degree is more up on current stuff. I'm probably one of the lesser guys. So they kind of fill me in on more current things,

[like] maybe a new production technique that's current and out now. For me, I'm just always trying to write unique [sounds]. As long as you have an honest riff — if I have a riff and Chad our drummer plays the drums, it sounds like 311 because he is playing the drums. We've had situations where we had to play with a different drummer and it really is apparent. So I think that the five of us together, even if we did a cover of a song, would still give it that 311 sound. That's the one thing I've noticed: As long as we're playing together, the music always seems to have that 311 vibe to it.

How have you guys been able to keep that bond and brotherhood over the years?
That's a good point. Whether it's music or an accounting firm, when you have five people working together, it's challenging. Especially with music, we have seen a lot of great bands come and go because of the dynamics of the people involved that don't get along or whatever. You have to enjoy each other's company. That is one of the keys to it. Especially since you're around each other all of the time. Now that everyone has families, when we are off the road we can get away from each other. But it still is a year-round process. So the fact that we get along like that is a big part of it. And being able to also enjoy each other's songwriting helps, too. I still enjoy hearing what [the guys] come up with, and I think everyone feels like that. We try to be as democratic as we can. I'm an only child, but [with the guys] I'm guessing it's somewhere between having four brothers and being married to them.

Now jumping to your tour this summer. How do you feel about hitting the road with the Dirty Heads?
We've done a lot of shows with them and they're sweet guys. It seems like we work well together in the summer — it's a good combo for folks. It's fun. I think back to years ago, I must have met them when they were teenagers, and they're grown-ups now. Also, The Interrupters are coming out. They're a great band so it should be a fun package.

Catch 311 on July 19 at The Met Philadelphia. Show starts at 7 p.m.

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These colleges will pay tuition, but you'll work for it

NerdWallet is a personal finance website.

ISTOCK

When Collis Robinson attended Berea College in Kentucky, he worked typical campus jobs — cleaning restrooms and setting up events. But he also worked jobs students don't usually do, including comptroller for the campus activities board and, as a senior, student director of the board.

"I led 22 people and had a $70,000 budget to manage," says Robinson, now the director of student labor at Berea. "I got to gain a lot of transferable skills."

Gaining work experience while getting an education was made even sweeter by the fact that Robinson didn't pay a dime in tuition.

Berea College is called a "work college," meaning students must work as part of the learning experience toward a degree. There are nine official four-year work colleges, but only three offer free tuition, including Berea. Most free tuition programs are funded through a mix of endowments, alumni gifts and grants. Sometimes students' earnings are applied to help cover tuition, but other times they keep their wages. Students usually pay for fees, room and board, books and supplies. These additional costs may be covered by federal aid like Pell Grants along with scholarships and loans.

While free tuition is sometimes offered at community colleges, it's rare at four-year schools. The average undergraduate annual tuition and fees across all undergraduate institutions is $12,600, according to the National Center for Education Statistics. Students at private nonprofit schools pay the most: $33,800 annually, on average.

If you're looking for your entire tuition to be covered and you're open to an experience that includes mandatory work — one school labels itself "Hard Work U" — here are four colleges to consider.

Alice Lloyd College

Alice Lloyd College is a private work college in Pippa Passes, Kentucky, that offers free tuition; students must come from one of 108 Central Appalachian counties. Students are expected to work 10 to 20 hours every week at minimum wage.

Additional costs not covered: room, board and matriculation fees totaling $9,030 per year for on-campus students; matriculation and fees totaling $4,450 per year for commuters. Students cover additional costs like books and supplies.

Types of jobs: Students work throughout the campus in 14 departments such as dining, day care, groundskeeping and the student newspaper. Off-campus jobs provide services to the community.

Berea College

Berea College is a private liberal arts work college with free tuition. All students are required to work a minimum of 10 hours or up to 20 per week on campus in different departments. Students typically earn $2,000 for the academic year.

Additional costs not covered: Registration costs, housing, meals, fees totaling $7,354.

Types of jobs: There are more than 100 campus programs for students to find work, including academic support, community service, alumni development and student services.

College of the Ozarks

College of the Ozarks — a.k.a. "Hard Work U" — is a private evangelical college in Point Lookout, Missouri, with free tuition. Because the school does not want students to take out loans, it does not participate in any federal, state or private loan programs. Students must work 15 hours per week and complete two 40-hour workweeks per school year. Typically, students earn $4,480 per year toward their cost of education. Students may also apply for the 12-week full-time summer work program, which would cover room and board.

Additional costs not covered: $7,600 annually for room and board. Fees include a $330 one-time acceptance fee and $230 for health/technology/service each semester.

Types of jobs: Students work in every conceivable "station" on campus including admissions, a hog farm, carpentry, fire department, library and laundry.

Deep Springs College

Deep Springs College isn't one of the official work colleges. It's a two-year liberal arts college in Dyer, Nevada, with a student body of 24 to 30 students, located on a high-desert cattle ranch and alfalfa farm. All accepted students receive a scholarship covering tuition and room and board, estimated at a value of $50,000. All students are expected to work 20 hours per week.

Additional costs not covered: Students provide a small damage deposit and cover books, travel, medical insurance and any personal expenses. Those with financial need may receive additional assistance.

Types of jobs: Students work in the kitchen and dining hall, farm, garden, dairy mechanic shop, ranch or office.

How you can benefit from work-study anywhere

You don't have to attend a niche school to lower attendance costs through work. Over 3,400 colleges and universities participate in the Federal Work-Study Program. To qualify, students must submit the Federal Application for Federal Student Aid (FAFSA) and have demonstrated financial need. It's a first-come, first-served program where jobs are not guaranteed. Among those who did work-study in 2017-18, average earnings were $1,693, according to a 2018 survey by the private lender Sallie Mae. **ANNA HELHOSKI**

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Megan Rapinoe (No. 15) broke through for the U.S. in the 61st minute before Rose Lavelle (bottom) iced the championship cake with a stunning left-footed effort. GETTY IMAGES

USA women down the Dutch, capture 4th FIFA World Cup crown in France

Rapinoe, Lavelle lift USWNT to 2-0 victory over the Netherlands.

JOE PANTORNO
joseph.pantorno@metro.us

Add another star to the American legacy.

The United States women's national soccer team secured its fourth-ever World Cup title on Sunday afternoon in Lyon, France, with a 2-0 victory over the Netherlands.

Second-half goals from the enigmatic Megan Rapinoe — which was a penalty — and the budding Rose Lavelle did the trick for the Americans, who had to do plenty of work to break through a resolute Dutch defense.

The Netherlands deployed a similar tactic made popular by Sweden when dealing with the overwhelming United States attack. Sitting back to keep their defensive shape, the Oranje's first priority was to limit America's scoring opportunities while searching for the occasional counterattack.

It worked as they were the first team to hold the U.S. goalless through the opening 12 minutes of a 2019 World Cup match — along with the remainder of the first half.

One of the Americans' best chances came in the 28th minute, off a corner, when Julie Ertz's diving volley was parried away by Sari van Veenendaal.

Van Veenendaal would come up big twice in the 38th minute off a pair of U.S. crosses that were directed on the Dutch goal as the Americans inched closer toward a breakthrough. The first was sent away well off Ertz's head while the second was an Alex Morgan header that was saved onto the near post by the Netherlands keeper.

Morgan was denied just moments later when her shot from just outside the 18-yard box was pushed wide by van Veenendaal.

The scoreless first half further confirmed just how legitimate the Netherlands' defense had been at the World Cup. At the halftime break, they hadn't conceded a goal in the previous 302 minutes of play.

The streak would last just 15 minutes into the second half, when VAR awarded the United States with a penalty after Stefanie van der Gragt's high boot in the box made contact with Morgan.

Up stepped Rapinoe in the 61st minute, who shouldered the pressure of the moment — and detractors — to slot a low shot into the bottom-right corner of the goal.

Rapinoe has been a fixture in the news over the past month given her vocal advocacy of equality for the women's squad while voicing her displeasure for the Trump administration.

While the goal put the U.S. up, it put them in a difficult situation to close out the match.

The Netherlands are a side that grows stronger the later things wind into the second half. If the U.S. had opted to sit back and protect the lead, they would have invited heaps of Dutch pressure. If they had continued to press things offensively, they would have continued to leave things open for a counterattack.

Manager Jill Ellis opted for the latter in the following minutes and it paid off.

Rose Lavelle, who had been close on countless occasions throughout the tournament, finally got a third World Cup goal with that lethal left foot just eight minutes after Rapinoe's opener.

The young midfielder's run cut through the center of the Dutch defense before slotting a low shot just past the outstretched hands of van Veenendaal. It was her first goal at the World Cup since recording a brace against Thailand in the United States' opening match of the group stage.

While the Netherlands pressed to get on the board, the U.S. defense held firm. Semifinal hero and goalkeeper Alyssa Naeher saw just two Dutch shots land on target throughout the match.

The victory ensured that Ellis was the first women's manager to successfully defend a World Cup title while the Americans' four championships are now two more than second-place Germany.

HOW ARE WE NOT PAYING THE US WOMEN'S NATIONAL TEAM EQUALLY YET?

PANTORNO'S PERCH

JOE PANTORNO
@JoePantorno

The U.S. women's national team captured its fourth World Cup on Sunday. GETTY IMAGES

One of the looming issues existing in the background of the United States' run to a fourth World Cup title on Sunday is such a simple concept.

Equality.

Just three months before the start of the 2019 FIFA Women's World Cup, 28 members of the American women's national team player pool joined in a federal lawsuit filed against U.S. Soccer alleging gender discrimination.

They hoped to earn equal pay compared to the men's national team, who make plenty more when putting the two side-by-side.

The lawsuit noted that from March 2013 through December 2016, players on the women's team could make a maximum salary of $72,000, plus bonuses, for winning non-tournament games, making World Cup appearances and winning such matches, and for success at the Olympics.

However, if a member of the women's team played in 20 friendly matches and won all of them, they would only earn a maximum of $99,000. On the other hand, a men's player would earn an average of $263,320, per ESPN.

It was a vast difference in pay despite the women's team being far more successful than the men's program. The men have yet to win a World Cup title compared to the women's four. The women have also won four gold medals at the Olympics while the men have not medaled since 1904.

One of the main arguments is that there is a belief that the men bring in more revenue than the women. Yet recent history quickly dispels that notion.

In a report by the Wall Street Journal, the women's national team generated $50.8 million for the U.S. Soccer Federation from 2016 to 2018. That's almost $1 million more than the men's team during that same stretch.

As the women's game and the World Cup continue to grow, that number is only going to grow after another championship in what is being considered as the greatest women's tournament ever played.

On top of that, this year's edition of the women's jersey is Nike's highest-selling jersey in the company's history.

The likes of Alex Morgan, Megan Rapinoe and Tobin Heath are becoming household names as the women's team has been ranked No. 1 in 10 of the last 11 years.

Pretty ridiculous that the players and staff are not being properly compensated, right?

That notion is slowly changing and this latest World Cup triumph is only going to help turn the tide in the squad's favor.

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NOTICE OF SALE

SUPREME COURT COUNTY OF QUEENS, DEUTSCHE BANK NATIONAL TRUST COMPANY, AS CERTIFICATE TRUSTEE ON BEHALF OF BOSCO CREDIT II TRUST SERIES 2012-1, Plaintiff, vs. JUAN CASTILLO, ET AL., Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on May 6, 2019, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on August 2, 2019 at 10:00 a.m., premises known as 130-47 176th Place, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12545 and Lot 400. Premises will be sold subject to provisions of filed Judgment Index # 702070/2017. Matthew M. Lupoli, Esq., Referee Berkman, Henoch, Peterson, Peddy & Fenchel, P.C., 100 Garden City Plaza, Garden City, NY 11530, Attorneys for Plaintiff

NOTICE OF FORMATION of 2015 Pitkin Solar, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/04/2019. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o YSG Solar, LLC, 79 Madison Ave., 8th Floor, New York, NY 10016. Purpose: Any lawful activity.

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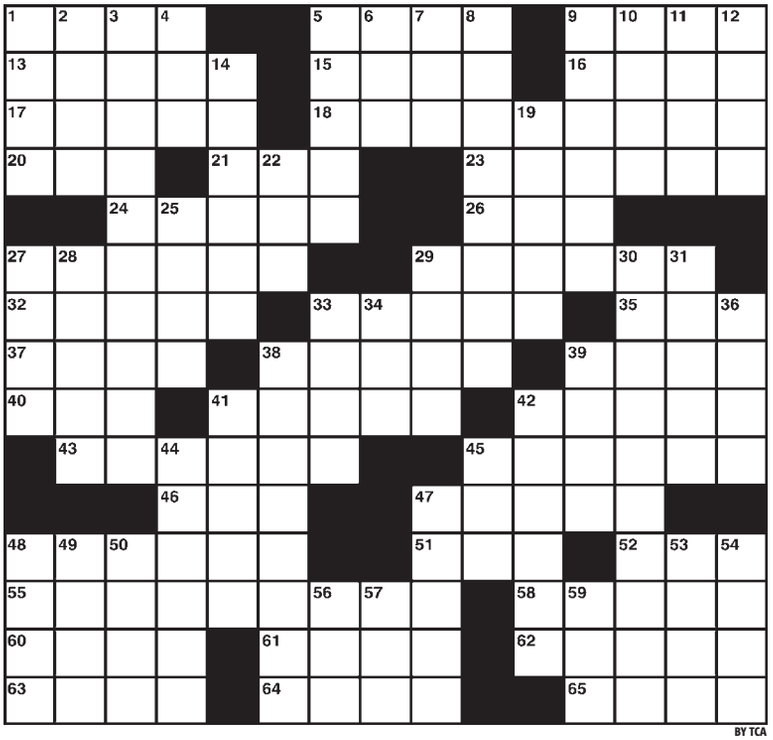
19 __ up; bungle
22 Summer sign
25 Ins and __
27 Wall socket
28 Not as risky
29 Fathers
30 Sure to happen
31 C-sharp & A-flat
33 Seasoning
34 Belt
36 Valley
38 Threatening
39 Boyfriend
41 Cooking herb
42 Third-place medal
44 Physicists Pierre & Marie
45 Fraternity letter
47 In __; fashionable
48 Fare carriers
49 Attract; tempt
50 Store sign
53 Worry
54 Summer shades
56 Shoe width
57 Perimeters
59 Common street name



BY TCA

metro.us/wordsearch

K	X	Y	R	E	B	M	U	N	R
C	A	L	C	U	L	A	T	O	R
E	M	P	L	S	G	M	O	I	F
T	E	I	U	A	E	T	C	T	R
N	L	T	H	A	M	O	P	A	X
E	B	L	S	S	M	I	N	U	S
C	O	U	F	P	O	S	C	Q	N
R	R	M	U	O	E	L	C	E	A
E	P	T	J	E	D	I	V	I	D
P	E	O	Y	E	E	R	G	E	D

Add
Calculator
Compute
Decimal
Degree
Divide
Equation
Measure
Minus
Multiply
Number
Percent
Problem
Root
Solve

metro.us/wander

Category: TV Show

S	R	P
H	A	O
T	S	B
C	E	J

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	8	4	2		9	3	6	1
1		6		8		5	7	
	7	3		6				
		7	8		3		1	
	1			2			3	
	3		1		7	8		
				3		1	4	
	6	8		1		9		3
3	2	1	4		8	6	5	

Yesterday's Answers

S	P	A	T			S	C	O	T		C	L	O	D
P	A	C	E	D		P	A	I	R		H	O	N	E
U	N	C	L	E		A	L	L	O	W	A	N	C	E
D	E	E		F	A	N			M	A	N	G	E	R
		N	E	A	R	S			B	I	G			
A	T	T	A	C	K			J	O	S	E	P	H	
R	O	U	T	E		P	O	I	N	T		R	A	M
T	W	A	S		P	L	U	M	E		F	E	T	A
S	E	T		T	H	U	R	S		S	A	F	E	S
	D	E	B	R	A	S			P	U	R	E	S	T
			R	A	N			G	O	M	E	R		
A	G	H	A	S	T			R	I	M		E	L	F
I	R	O	N	H	O	R	S	E		E	R	N	I	E
L	O	R	D		M	I	K	E		D	U	C	K	S
S	W	A	Y		S	P	I	N			M	E	E	T

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